

Mental Health and Substance Abuse Services Division

Wyoming Department of Health

March 2009

In this Issue

**Division Releases
Court Supervised
Treatment Program
Rules**
Pg. 1

**On My Mind—Rodger
McDaniel**
Pg. 2

**Children's Mental
Health Waiver**
Pg. 3

**How Data Shapes our
Future**
Pg. 3

**Technology Transfer
Mainstreamed in
Wyoming**
Pg. 4

Cigarette Tax Rates
Pg. 4

Data Table
Pg. 5

**Wyoming Rodeo
Athletes are Pledging
to be Tobacco-Free**
Pg. 5

**News From Around
the State**
Pg. 6

**Health Care Oversight
and Coordination Plan**
Pg. 7

2 New Trainings
Pg. 9

Division Releases Court Supervised Treatment



Enrolled Act No. 77
states, "The

department shall promulgate rules and regulations necessary to implement this act, including establishing standards consistent with the key components of drug courts defined by the United States department of justice or such similar rules as may be adopted by the department. The rules shall (i) specify funding formulas for funding from the account which formula shall include provisions requiring local contribution to the cost of a program; (ii) require participants to contribute financially to their own program; (iii) establish program requirements, operational standards and protocols for programs, program team

The Mental Health and Substance Abuse Services Division has prepared and released draft Rules and Regulations for the State Funding of Court Supervised Treatment Programs in response to Senate File 107 (Enrolled Act No. 77). These draft rules will replace Chapter 14, Rules and Regulations for State Funding and Certification of Drug Courts. The Division has released these draft rules for informal comment prior to starting the promulgation process. Permanent rules are expected by July 1, 2009.

Click here to go to the
MHSASD Website.

[http://wdh.state.wy.us/
mhsa/index.html](http://wdh.state.wy.us/mhsa/index.html)

and staff training requirements, program data collection and maintenance, certification requirements for treatment personnel, and incentive and sanction limitations. The draft rules address the components listed in Enrolled Act No. 77.

Enrolled Act No. 77 also provides that the Wyoming Supreme Court may adopt rules governing court supervised treatment program practices. A separate committee comprised of several judges has been formed to draft standards for attorneys and judges participating in court supervised treatment programs.

For more information on the rules, please contact Enid White at 777-6885 or enid.white@health.wyo.gov.



On My Mind

By Rodger McDaniel

We are all aware that the economic problems of the nation have visited Wyoming. Agencies are being asked to reduce their budgets. The mental health and substance abuse needs of citizens are increasing even as budgets are being cut. These are times that demand we all work harder to collaborate and share resources. A cursory review of state budgets discloses taxpayers are contributing more than 450 million dollars a year to programs that are intended to help at-risk children and their families. But it isn't always about how much money we have to spend as much as it about how we spend what we have.

There are two significant developments paving the way for greater collaboration. On July 1st, new contracts go into effect with Wyoming's community mental health and substance abuse centers. The new contracts include provisions aimed at making significant progress on the goal of regionalizing services and creating a community-based system of care throughout the state.

Under the contracts, community mental health and substance abuse centers will develop community systems of care "working agreements" with other human services agencies and schools. These agreements are intended to implement systems of care assuring children and families of wraparound services.

The working agreements, which will involve consumer advocates, will reflect system of care principles such as the involvement of the families in determining treatment needs, cultural competency, individualized treatment plans and access to the array of services clients need. Additionally, each center will negotiate with other centers in their region for a Regional Service Delivery Plan. The ultimate goal for regionalization is to make certain all citizens have reasonable geographic access to a full continuum of services. These service delivery plans are intended to do that.

All of this is bolstered by the important work of the Directors of the Departments of Education, Health and Family Services. Superintendent of Public Instruction Dr. Jim McBride, WDH Director Dr. Brent Sherard and DFS Director Tony Lewis head an inter-agency group studying ways these three agencies can improve services to families and children throughout the state.

The three agencies have agreed to a charter that incorporates the principles of system of care research and program design. They meet regularly and are engaged in joint strategic planning aimed at developing coordinated approaches to serving children. The three intend to identify resources including funding that can be integrated while programs and policies are being coordinated.

The coming few years will be lean times for Wyoming and there is nothing like lean times to help get us focused on what really matters and how to do it more efficiently.

Continued Expansion of the Children's Mental Health Waiver

The Children's Mental Health Waiver, a Medicaid program that provides services to children ages 4-20 with serious emotional disturbance, has added four counties and is working to expand into additional Wyoming counties. Currently, the Waiver has 32 active providers in Teton, Laramie, Albany, Natrona, Fremont, Converse, Sheridan and Campbell counties. The program's provider base is expanding.

The Waiver is offering provider trainings on May 21-22 in Gillette;

June 4-5 in Casper; and June 18-19 in Rock Springs. Additional community trainings will be announced in June. The program is also tentatively planning a CASII training this July in Lander, Wyoming.

If you have any questions about this information, please contact Sarah Flack, Program Specialist at 307-777-5061 or email sarah.flack@health.wyo.gov. Additional information about the Children's Mental Health Waiver

program can be found at the Children's Mental Health Waiver website: <http://www.health.wyo.gov/mhsa/treatment/>



How Data Shapes our Future

As a state governmental entity, the Mental Health and Substance Abuse Services Division is required to abide by federal accountability standards and is thus also required to pass these standards on to its external contractors (from whom the data is gathered). It is essential that the Division is able to ensure that quality data exists and is used for decision-making. In the FY10

contracting year, a number of changes will be made to enhance the quality of the substance abuse and mental health data gathered from all contractors of the Division.

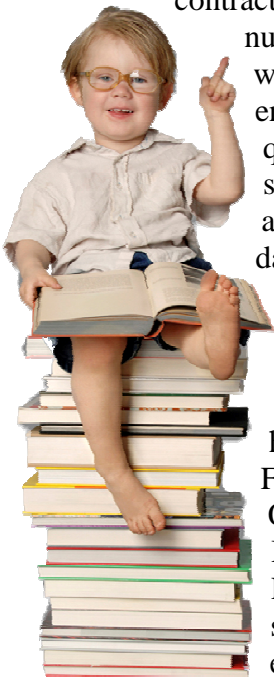
The Division has developed a FY10 Data Quality Management Plan which supports an enhanced data

infrastructure that will meet industry standards of accuracy and integrity for local and statewide accountability. These changes are embedded in processes which will create "quality" data. Here, "quality" is defined as timely, complete, accurate, accessible, relevant, and representational data.

One of the Division's primary federal reporting responsibilities is to the Treatment Episode Data Set (TEDS). The TEDS data system is structured to focus on substance abuse treatment *episodes*. An *episode* is defined by three events that occur in consecutive order; first, the client's admission into a treatment program; second, a recording of all services delivered; and third, the client's discharge from the treatment program. The FY10 provider treatment contract benchmarks will address this functionality, which has been lacking in the past, and will require contracted providers to ensure that data comprising such *episodes* is submitted on a

monthly basis.

The TEDS data also contribute to one of the yearly reporting responsibilities of the Division: the Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant (required by the Substance Abuse and Mental Health Services Administration, (SAMHSA)). It is estimated that up to \$3.4 million in federal funds for substance abuse treatment will be in jeopardy within two years unless Wyoming's state substance abuse treatment and prevention data quality improves substantially within that time frame. In the future, SAMHSA will be imposing similar requirements for mental health block grant reporting. It is essential that we act now to impress higher data quality standards and management practices upon ourselves, along with all Division contractors, or risk losing a great deal of money that funds services to the citizens of Wyoming.



Technology Transfer Mainstreamed in Wyoming

Wyoming addiction providers that contract with the Mental Health and Substance Abuse Services Division and private providers who assess and treat the criminal justice population must be certified under Chapter 16 Substance Abuse Standards. Certification provides ongoing monitoring of a program/provider to ensure client safety, access to evidenced-based assessment and treatment and that the provider has the necessary organizational structure to provide a specified service.

The Center for Application of Substance Abuse Technologies (CASAT) contracts with the Division to provide certification and technical assistance for these local entities, including free regional trainings and workshops for certified providers.

Through this Technology Transfer, providers have the opportunity to enhance their substance abuse and behavioral health practice, maintain cutting-edge addiction treatment knowledge and gain innovative professional development.

Technology is the process by which knowledge, skills, and abilities are conveyed among providers and programs. Utilizing technology transfer, providers will have consistent scientific evidence to improve outcomes for clients, participants, or communities. The process of technology transfer requires planning,

dedication, action and skillful supervision to endorse mastery of evidence-based practices. A well thought out plan is needed to benefit from the investment of time, money and staff development. This is what Certification is all about!

For more information contact Mary Jane Schultz at 307-777-6494.



Cigarette Tax Rates



The table on page 5 shows state cigarette tax rates in effect now and those that will go into effect by June 20, 2009 (red print). Sales tax amount per pack is based on state sales tax percentage and average price of pack of cigarettes in each state. In the vast majority of states with sales taxes, the sales tax percentage is applied to the total retail price of a pack of cigarettes, including all applicable federal and state cigarette excise taxes. But Colorado's, Minnesota's, and Oklahoma's sales tax do not apply to cigarettes at all; and Alabama, Georgia and Missouri do not apply their state sales tax to that portion of retail cigarette prices that represents the state's cigarette excise tax.

The federal cigarette tax is \$1.01 per pack (there is no federal sales tax). Since the beginning of 1998, the major cigarette companies have increased the prices they charge by more than \$2.00 per pack (but Philip Morris cut its prices on some of its top brands in early 2003).

For additional information on state cigarette taxes and the many benefits from increasing them, see the Campaign's website at <http://www.tobaccofreekids.org/>

States	Average Retail Price Per Pack (with all taxes)	Cigarette Excise Tax Per Pack	Excise Tax Rank (Highest = 1)	State Sales Tax Rate	State Sales Tax Per Pack	Total State Tax Per Pack	Total Tax Rank (Highest = 1)
States' Average	\$4.82	\$1.23	--	5.1%	\$0.23	\$1.45	--
Alabama	\$4.16	\$0.425	43rd	4.0%	\$0.14	\$0.57	44th
Alaska	\$6.66	\$2.00	6th	0.0%	\$0.00	\$2.00	15th
Arixona	\$5.87	\$2.00	6th	5.6%	\$0.31	\$2.31	10th
Arkansas	\$5.02	\$1.15	25th	6.0%	\$0.28	\$1.43	23rd
California	\$4.83	\$0.87	31st	7.25%	\$0.33	\$1.20	27th
Colorado	\$4.42	\$0.84	32nd	2.9%	\$0.00	\$0.84	37th
Connecticut	\$6.01	\$2.00	6th	6.0%	\$0.34	\$2.34	6th
Delaware	\$4.44	\$1.15	25th	0.0%	\$0.00	\$1.15	29th
DC	\$5.53	\$2.00	6th	5.75%	\$0.30	\$2.30	11th
Florida	\$4.08	\$0.339	47th	6.0%	\$0.23	\$0.57	44th
Georgia	\$4.09	\$0.37	44th	5.0%	\$0.18	\$0.55	46th
Hawaii	\$6.15	\$2.00	6th	4.0%	\$0.24	\$2.24	13th
Idaho	\$4.36	\$0.57	40th	6.0%	\$0.25	\$0.82	38th
Illinois	\$5.41	\$0.98	29th	6.25%	\$0.32	\$1.30	25th
Indiana	\$4.63	\$0.995	28th	7.0%	\$0.30	\$1.30	25th
Iowa	\$4.98	\$1.36	20th	6.0%	\$0.28	\$1.64	19th
Kansas	\$4.54	\$0.79	34th	5.3%	\$0.23	\$1.02	33rd
Kentucky	\$3.81	\$0.60	38th	6.0%	\$0.22	\$0.82	38th
Louisiana	\$4.18	\$0.36	45th	4.0%	\$0.16	\$0.52	47th
Maine	\$5.98	\$2.00	6th	5.0%	\$0.28	\$2.28	12th
Maryland	\$5.95	\$2.00	6th	6.0%	\$0.34	\$2.34	6th
Massachusetts	\$6.69	\$2.51	4th	5.0%	\$0.32	\$2.83	4th
Michigan	\$5.84	\$2.00	6th	6.0%	\$0.33	\$2.33	8th
Minnesota	\$4.97	\$1.504	18th	6.5%	\$0.00	\$1.50	22nd
Mississippi	\$4.01	\$0.18	49th	7.0%	\$0.26	\$0.44	49th
Missouri	\$3.88	\$0.17	50th	4.725%	\$0.17	\$0.34	50th
Montana	\$5.15	\$1.70	16th	0.0%	\$0.00	\$1.70	18th
Nebraska	\$4.25	\$0.64	36th	5.5%	\$0.22	\$0.86	36th
Nevada	\$4.54	\$0.80	33rd	6.5%	\$0.28	\$1.08	31st
New Hampshire	\$4.62	\$1.33	22nd	0.0%	\$0.00	\$1.33	24th
New Jersey	\$6.68	\$2.575	3rd	7.0%	\$0.44	\$3.01	3rd
New Mexico	\$4.65	\$0.91	30th	5.125%	\$0.23	\$1.14	30th
New York	\$6.97	\$2.75	2nd	4.00%	\$0.27	\$3.02	2nd
North Carolina	\$4.01	\$0.35	46th	6.75%	\$0.25	\$0.60	43rd
North Dakota	\$4.02	\$0.44	42nd	5.0%	\$0.19	\$0.63	42nd
Ohio	\$4.95	\$1.25	23rd	6.0%	\$0.28	\$1.53	21st
Oklahoma	\$4.41	\$1.03	27th	4.5%	\$0.00	\$1.03	32nd
Oregon	\$4.50	\$1.18	24th	0.0%	\$0.00	\$1.18	28th
Pennsylvania	\$4.89	\$1.35	21st	6.0%	\$0.28	\$1.63	20th
Rhode Island	\$7.34	\$3.46	1st	7.0%	\$0.41	\$3.94	1st
South Carolina	\$3.85	\$0.07	51st	6.0%	\$0.22	\$0.29	51st
South Dakota	\$4.96	\$1.53	17th	4.0%	\$0.19	\$1.72	16th
Tennessee	\$4.36	\$0.62	37th	8.5%	\$0.34	\$0.96	34th
Texas	\$5.03	\$1.41	19th	6.25%	\$0.30	\$1.71	17th
Utah	\$4.52	\$0.695	35th	5.95%	\$0.25	\$0.95	35th
Vermont	\$6.00	\$1.99	14th	6.0%	\$0.34	\$2.33	8th
Virginia	\$4.13	\$0.30	48th	5.0%	\$0.20	\$0.50	48th
Washington	\$6.13	\$2.025	5th	6.5%	\$0.37	\$2.40	5th
West Virginia	\$4.21	\$0.55	41st	6.0%	\$0.24	\$0.79	40th
Wisconsin	\$5.42	\$1.77	15th	5.0%	\$0.26	\$2.03	14th
Wyoming	\$4.30	\$0.60	38th	4.0%	\$0.17	\$0.77	41st

Wyoming Rodeo Athletes are Pledging to be Tobacco-Free

The Wyoming Through With Chew (WTWC) Rodeo All-Stars campaign honors the best high school rodeo competitors who have pledged not to use spit/smokeless tobacco or tobacco products of any kind. The WTWC Rodeo All-Stars campaign is designed to honor those student-athletes who make the healthy lifestyle choice to live through with chew.

Each week during the spring high school rodeo season, WTWC will honor the best male and female competitors who have signed the “Through With Chew” pledge. Nominees for the weekly honor will be accepted from student-athletes, fans, parents, coaches, and the media. The weekly winner will be determined by a vote of high school rodeo fans from across Wyoming. Each weekly winner will be eligible for the Wyoming Through With Chew Rodeo Scholarship.

WTWC will award \$2,000 each in scholarship money to the male and the female all-stars of the year. All weekly winners are automatic finalists for the scholarship and must complete a scholarship application and be interviewed by the WTWC All-Stars Scholarship Committee.

To be a Wyoming Through With Chew All Star, athletes simply need to fill out the pledge below. 27% of all high school aged rodeo athletes in Wyoming have pledged so far this season.

In addition, by logging on to www.throughwithchew.com and clicking on to the WTWC All Stars link, parents and coaches can also pledge to be tobacco free. For more information, please contact: nikisue@throughwithchew.com

WTWC Athlete's Pledge

I _____, affirm that

I am “Through With Chew.” Spit/smokeless tobacco is bad for my health and does not make me a good role model for others in our community. I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death.

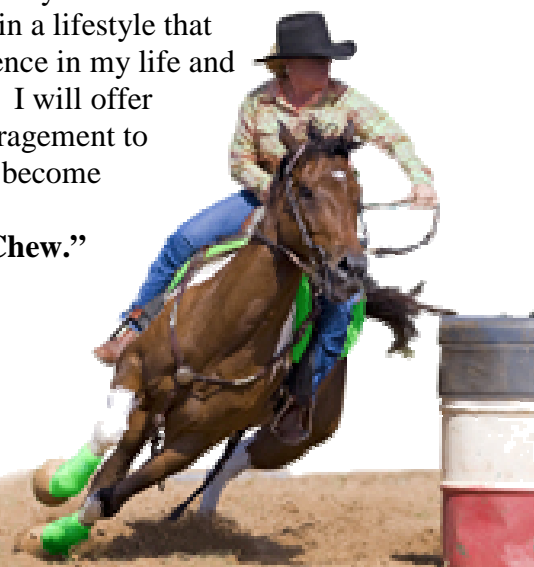
These harmful agents are in cigarettes, cigars, cigarette and cigar smoke, and all forms of smokeless or spit tobacco, including snuff and chew. I also understand that smokeless does not mean harmless and that spit tobacco is can be just as harmful to me as smoking cigarettes or cigars.

I understand that in the short term, using tobacco will adversely affect:

- my ability to run fast
- the quality of effort I can make toward playing the game
- how I smell as well as my ability to taste and smell
- and will stain my teeth and fingers.

I pledge to live healthy and tobacco-free so that I may engage in a lifestyle that will make a difference in my life and the lives of others. I will offer support and encouragement to those who wish to become

“Through With Chew.”



News From Around the State

Buffalo Takes Charge of Underage Drinking

Leaders of the Substance Abuse Prevention Coalition of Johnson County, SPEAR – Students Providing Education about Alcohol Risks, and Take It Back! Youth testified in support of a Social Host Ordinance.

The result of this eight month process is a social hosting ordinance that passed unanimously. It holds adults responsible for allowing underage drinking in their homes, regardless of who furnished the alcohol to the underage consumers. A social host can be issued a citation for each underage drinker in his or her home.

A leader within the community, Megan Washnut and youth leader, Elizabeth Danielson; President of the Buffalo High School Take It Back Youth Group both received Governor's Council on Impaired Driving Awards for their efforts within Buffalo and with the social hosting ordinance.



For more information contact Bill Hawley at bill@johnsoncountycrc.org

Teton County Goes Smoke-Free

The Teton County Board of Health unanimously voted on March 24, 2009 to adopt the Teton District Smoke-free Air Rule. Teton County's new law will restrict smoking in all places of employment, bars, restaurants, and sports arenas. Smoking cannot take place within 20 feet of any public establishment, outdoor serving areas of restaurants, seating areas in outdoor arenas, and ski lifts. Private residences, tobacco shops, and a certain number of rooms per hotel are exempt from the rule.

The regulation will span the entire county, not just individual municipalities. This will make Teton County the first smoke-free county in Wyoming.

Implementation of the new policy began May 23rd.

For more information contact Julia Heemstra at julia@tobaccofreejackson.org

Evanston Bans Drive-up Liquor Windows

In a unanimous decision, the Evanston City Council voted May

5th to effectively prohibit the sale of alcoholic liquor or malt beverages through a drive-up window, door or other area which will permit or allow a person to purchase alcoholic liquor or malt beverages from a motor vehicle. The ordinance will become effective October 15th, 2009 when liquor licenses are renewed.

For more information, contact Tera Lawlar at snowvolleyball@msn.com

Oxford House Opens Houses #13 and #14 in Wyoming

Two new Oxford Houses have recently opened in Sheridan and Cheyenne. This recovery focused housing opportunities are now in Albany, Laramie, and Sheridan Counties. Oxford Houses offer a supportive drug and alcohol free living environment located in nice neighborhoods. Houses are democratically managed with house members responsible for household expenses and are self supporting. Each house is an effective and low-cost method of preventing relapse and encouraging emotional growth. There are separate houses for men and women. Funding from the Mental Health and Substance Abuse Services Division supports the state outreach workers to open new houses and strengthen the ones already available.

For more information, contact Willie Ottosen at (307)256-9403 or www.oxfordhousewyoming.com.

Suicide Prevention News

On May 8, the Division and Laramie County Community College (LCCC) hosted an educational session on the *Sources of Strength* peer-education and suicide prevention program. Program founder Mark LoMurray from North Dakota spoke at LCCC in Cheyenne on the components of the peer-to-peer model and provided useful information for implementing this program within Wyoming.

On May 18, the Division Suicide Prevention Program partnered with the Wyoming Department of Education to facilitate a one-day workshop in Teton Village entitled *Safe Schools for All: Creating Safe and Affirming Schools and Communities for All, Regardless of Sexual Orientation or Gender Identity*. This was the third in a series of workshops designed to provide educators, youth services personnel and others to create safe environments for youth with sexual/gender identity issues, who are at a

much greater risk than their peers of suicide, drug and alcohol use, and other risky behaviors.

On June 6, MHSASD helped fund and promote the Fontaine Yeoman Memorial Scholarship Fundraiser, which was held at LCCC. Guest speaker Sally Spencer-Thomas from Colorado spoke about the warning signs and risk factors of suicide, as well as the difficulties facing survivors and how families can cope with the loss of loved one through suicide.

Health Care Oversight and Coordination Plan

How would you want medical services provided for your own child?

A team comprised of child welfare leaders in consultation with Wyoming Medicaid and healthcare experts has begun developing a healthcare oversight and coordination plan for Wyoming children and youth in foster care. This plan is in response to the new federal legislation H.R 6893: Fostering Connections to Success. It is designed to address barriers such as fragmented care, transitions between placements, medication management issues, rural challenges and lack of qualified professionals as well as essential training needs. The plan's goal is to maximize available state and federal funds.

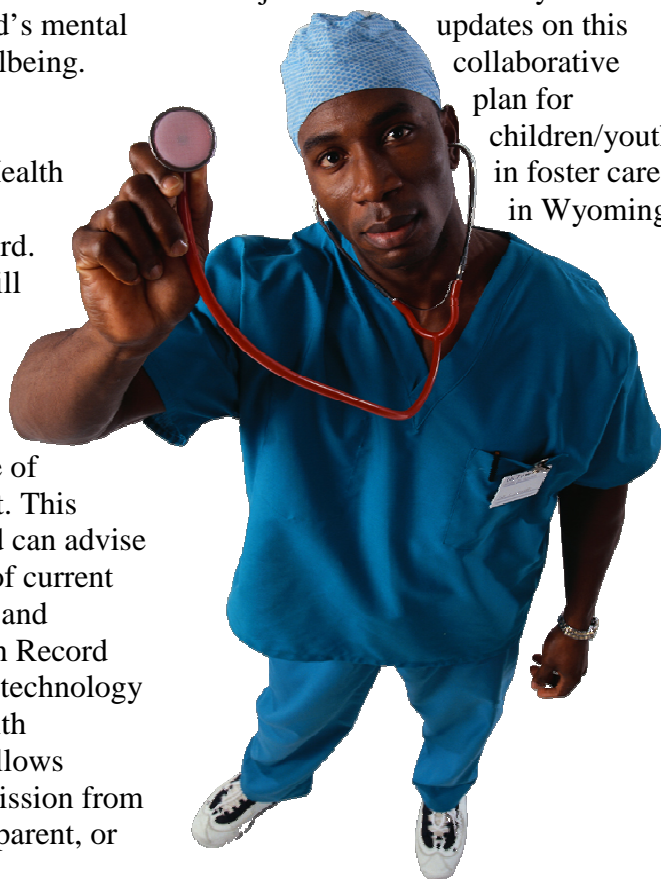
"Children placed in foster care have a right to consistent, ongoing healthcare services," stated one family advocate. Oftentimes when children move from one provider to another their medical history is not transitioned with them. Therefore, new placements currently require completion of that agency's testing protocol. For

the child, this means testing and retesting. In some cases, when a child moves to another provider they are taken off their medications and placed on a new medication regime. In the big picture, this is not good use of resources and may not be in the best interest of the child's mental health and medical wellbeing.

The new plan will incorporate the Total Health Record which is an electronic medical record. Total Health Record will allow medical professionals to have access to records for children wherever they appear in the State of Wyoming for treatment. This electronic health record can advise medical professionals of current medications, diagnosis and treatment. Total Health Record utilizes state-of-the-art technology to protect personal health information and only allows accessibility with permission from the patient, the child's parent, or

the guardian. Knowing the child's or youth's medical history is essential to providing excellent healthcare.

The plan is in its development stages and will be evaluated and adjusted as needed. Stay tuned for updates on this collaborative plan for children/youth in foster care in Wyoming.



2 Upcoming Trainings

The Wyoming Department of Health, Mental Health and Substance Abuse Services Division with CASAT (Center for the Application of Substance Abuse Technologies) Presents:

Substance Abuse Treatment for Persons with Co-Occurring Disorders

Topic areas to be covered:

- Basic concepts of co-occurring disorders
- Screening and assessment for co-occurring disorders
- Strategies for working with co-occurring disorders
- Developing programming for co-occurring disorders
- Specific mental health disorders and their impact on co-occurring treatment

Presenter: Alan Burden, M.Ed., LPC

This training is at no cost
to all participants

Contact Hours: 6

Tuesday, June 16, 2009

9 am—4 pm

Department of Health: QWEST Building

6101 Yellowstone Rd

Cheyenne, WY

Room 417

Ethics for Addiction Treatment Professionals

Topic areas to be covered:

- Basic ethical values
- Standards of counseling practice
- Boundary issues and dual relationships
- Confidentiality and informed consent
- Duty to warn
- Case scenarios

Presenter: Alan Burden, M.Ed., LPC

This training is at no cost
to all participants

Contact Hours: 4

Wednesday, June 17, 2009

8:30 am—12:30 pm

2500 College Dr

Rock Springs, WY

Room 1309

25 Openings

For additional information on the trainings, please contact Silke (Administrative Assistant) at sflynn@casat.org. To Register for either training, please email Silke at sflynn@casat.org with your name and training location you wish to attend.